Toronto metro

Your essential daily news | TUESDAY, MAY 5, 2015

High 19°C/Low 12°C Sun with some clouds

TRUDEAU TO RICH: PAY MORE TAX
metroNEWS

TORSTAR NEWS SERVICE

KIDS ON THE FRONT LINE

About 20 per cent of elementary-school students — that's 34,762, more than double the usual number — were absent from Toronto classrooms Monday as parents pulled them out to protest the new sex-ed curriculum. More coverage in metroNEWS.

Uber seeks taxi licence

CITY POLITICS

Move comes as mayor urges cabs, ride-share firm to co-exist

After years of insisting it was merely a technology company linking drivers with riders through a smartphone app, Uber Canada says it's now willing to be licensed as a taxi company.

Uber spokeswoman Susie Heath says the company will formally apply for a Toronto brokerage licence on Tuesday — but only for its taxi operations.

It is not seeking a limousine licence for its UberBlack and Uber SUV services or any licence for its UberX service, which has ordinary drivers ferrying people around in their own private vehicles.

The move comes as the city's municipal licensing and standards division is trying to shut down Uber's operations with a permanent court injunction, saying public safety is at risk.

At the same time, Mayor John Tory has called on all parties, from existing taxi companies, taxi drivers and Uber officials, to work together to find a way to co-exist.

During a breakfast speech to the Toronto Region Board of Trade on Monday, Tory urged "the Becks and the Ubers and the licence-holders and the drivers to come to the table and do what's right for the people of this city — the people who are paying the fares."

Uber's Heath praised the mayor for prioritizing innovation and consumer interests, saying the move to seek a taxi brokerage licence was to demonstrate Uber's desire for collaboration.

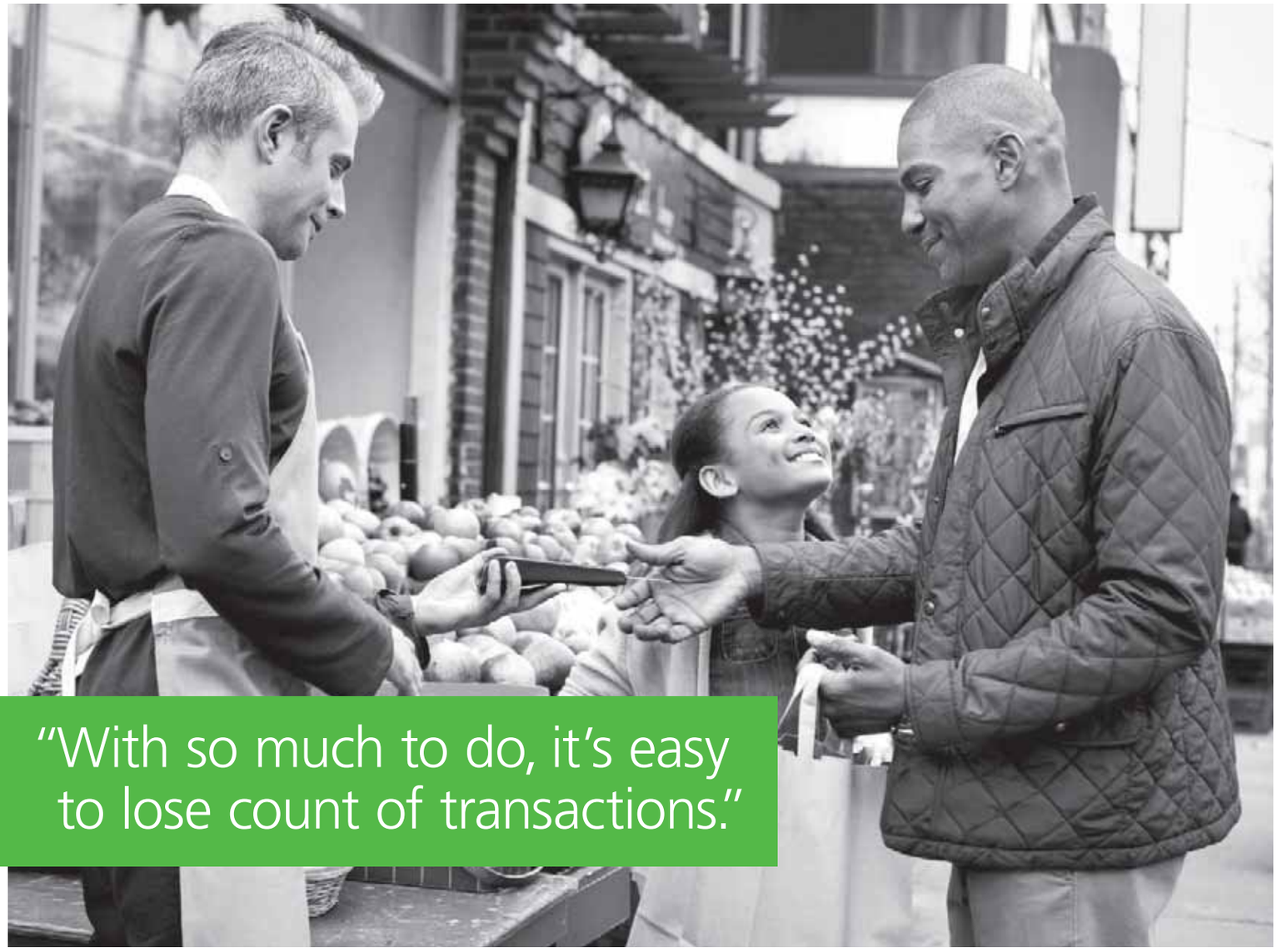
Kristine Hubbard, operations manager for Beck Taxi, scoffed at the mayor's request, asking why should a taxi service that operates legally negotiate with one that ignores the rules.

> **I won't have the Wild West ... but I won't have us stuck in the 1970s either.**
> Mayor John Tory

"I'm shocked. I'm stunned," she said, noting Beck happily works with legal competitors and the city. "But the idea of having that conversation with a company that is operating illegally is not acceptable for us."

Although Tory emphasized the need to cut red tape at city hall and find a way to encourage business innovation, he did not offer any specifics on how to resolve the impasse with Uber, the multibillion-dollar California firm, which prides itself as a leader in the disruptive economy.

TORSTAR NEWS SERVICE



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metro NEWS
Your essential daily news

This man survived both the Nepal quake and the Boston Marathon bombing. **Canada**

EDUCATION

Strike 'unfair' to students

Performance appraisals and personnel files are among the key reasons the union says Peel high school teachers are now on the picket lines — a strike the chairwoman of the public board has called "irresponsible and unfair" to students.

"If something is not dealt with over a period of 10 to 15 years, it's a problem — especially around evaluations, and especially if they determine if someone is going to have a job or not have a job," said Paul Elliott, president of the Ontario Secondary School Teachers' Federation, of the main issues.

The Peel District School Board and the union spent all weekend negotiating local issues until talks broke off early Monday and a strike was announced for the region's 3,500 teachers. They join educators in Durham and Sudbury who walked off the job last month, with some 67,000 teens across the province now out of school.

Peel board chairwoman Janet McDougald was disappointed in the move, saying the provincial branch of the union is using the local one to push for progress at central bargaining talks which cover costly items like class sizes. Local talks are to hash out non-monetary issues.

"I have always taken pride in that together, locally, we can discuss and resolve our differences," McDougald said, adding that none of the local issues the union cites justifies a strike.

TORSTAR NEWS SERVICE

CEREMONY HEROIC ANIMALS HONOURED The annual Purina Animal Hall of Fame induction ceremony was held Monday at Harbourfront Centre and this year, three pets and one service dog were inducted for their heroic or life-saving actions. Above, Nettle, a two-year-old yellow Labrador is seen being hugged by Jade, left, and Brooke Bordman of Cambridge, Ont. The 12-year-old twins have service dog Nettle because both girls have Type 1 Diabetes and Celiac disease. At left, Derik Hodgson of Elgin, Ont., pets his 11-year-old Lab-Rottweiler mix, Badger. After Hodgson fell on lake ice in -20 C temps, breaking his lower leg and tearing a tendon, Badger pulled him about 400 metres back to the house.

RICK MADONIK/TORSTAR NEWS SERVICE

The bugs are back in town

SPRING

First batch of midges almost always arrive early in May

Luke Simcoe
Metro | Toronto

Close your windows, turn off your patio lights and close your mouth when you're bicycling. The midges are back.

The recent spate of warm weather means it's officially "emergence season" for the tiny insects, said David Sugarman, a life sciences researcher at the Ontario Science Centre.

"They spent the winter in the bottom of shallow water or wet soil and now they're emerging," he said. "You can get thousands coming out at once from just a square metre of mud."

Like clockwork, the first batch of midges almost always arrives in early May. They don't bite, but swarms of mating midges can pose a problem for residents looking to enjoy the first taste of spring.

"People sitting on their balconies are getting clouds of these things ... and cyclists are familiar with getting them in their mouths and their eyes," said Sugarman.

Busting out the bug spray may be overkill, but Sugarman advised those looking to avoid midges to drain any standing water on their property and keep the lights off or their blinds drawn.

While they may be a nuisance, midges play an important role in our marine ecosystem. The insects are a favourite food for many lake fishes, Sugarman said, and help keep the water clean by consuming organic matter that would otherwise rot.

> **People sitting on their balconies are getting clouds of these things.**
> David Sugarman

The good news is that midge season is short-lived. After emerging the bugs only survive for a few days.

The bad news is that depending on the weather, there can be four or five midge cycles until the bugs bunker down for the winter in October, Sugarman said.

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PAN AM GAMES

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Gilbert Ngabo
Metro | Toronto

If you can't afford a ticket to the Pan Am games, there's a chance to sneak a peek at some of the athletes for free.

We just want to make it as broad and affordable as possible.
Teddy Katz

The Royal Canadian Yacht Club will host sailing competitions during the games and people will be able to watch without paying a fee. As many as 148 sailors will compete in more than 93 different styles of boats, including catamarans and keelboats. About 10 different sailing events will take place throughout the competition from July 12-19, said Teddy Katz, chief spokesman for Pan Am.

Spectators will be able to watch athletes from various vintage points along the city's waterfront, Katz said.

"Our hope is that people can get a chance to see something that they may never see again," he said. Other free events during Pan Am include cycling competitions in Milton. Cyclists from 41 countries will compete in a 20-kilometre race on July 22. Parapan Am athletes will compete in a 10-km race on Aug. 13.

Panamania, the arts and cultural festival that will take place at various locations in the city throughout the games starting July 11, will also be free, Katz said. The same's true for the Parapan Am closing ceremony on Aug. 15 at Nathan Philips Square.

From left, Aisha Fairlough, Lisa Gore Duplessis and Jill Andrew in the 519 Church Street Community Centre ballroom where their FATshionraiser will happen on Wednesday. LIZ BEDDALL/METRO

FATshionraiser to mark International No Diet Day

AWARENESS

Large people often seen in negative light: Organizer

Jessica Smith Cross
Metro | Toronto

"There's a reason why they word 'die' is in diet."

So say the organizers of a Toronto event planned to mark International No Diet Day.

FATshionraiser: Fat is a Feminist Issue is coming to the 519 Community Centre on Wednesday, giving people a chance to talk about being a larger person, discuss myths about dieting and join in a "celebration of fat liberation."

"As we know, fat people, regardless of gender race or class are often seen as lesser-than, as lazy, as unhealthy," said Jill Andrew, one of the event organizers.

People can ... do whatever they want on the soapbox to share their message.
Jill Andrew

Andrew has dedicated herself to fighting such stereotypes.

She and Aisha Fairlough are partners and co-founders of the Toronto Body Confidence Canada Awards and run the Fat in The City fashion and lifestyle blog.

Along with the typical music, food and wine, Wednesday's event will include a clothing swap, a plus-sized burlesque dancer, a film screening and photo booths.

"At the end of the night there will be a fun, impromptu community catwalk," said Fairclough. "You don't need to be a model to walk this catwalk, just wear what you're wearing, feel good."

Anyone who wants to tell their stories and express their stories will have an actual soapbox to stand on.

"People can stand up, sit down, lie down, do whatever they want on the soapbox to share their message," Andrew said.

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Ex-white supremacist probes roots of hatred

ULTRA RIGHT

Elisa Hategan chronicles her discoveries in a new book

Elisa Hategan is exploring the dark road that transforms the tormented into the tormentor, a path she travelled as a young girl engulfed by hatred.

On a recent afternoon in Sibiu, a Romanian city in the heart of Transylvania, the 40-year-old North York resident visited the school where she believes her course was set.

As a teenager, Hategan was a young standout in Toronto's now-defunct Heritage Front, an ultra right-wing group with ties to Holocaust deniers and former Libyan dictator Moammar Gadhafi.

But in 1993, when the Front's harassment of LGBTQ activists raised questions about her own sexuality, Hategan turned on the white-supremacist organization.

Then known as Elisse, she secretly provided information to anti-racist activists, testified against Front leaders in Federal Court and appeared voluntarily as a witness in Parliament after a founder of the racist group, Grant Bristow, was exposed as a CSIS informant.

In 2013, in a stunning about-face, Hategan converted to Judaism after discovering her family's Jewish roots.

For more than a decade, she's been trying to understand what led her into the arms of the most prominent white-supremacist group in recent Canadian history — and what drives the innocent to hate.

Hategan is chronicling the journey in a new book, Remember Your Name: A Memoir of Loss, Love & Hate, which she is financing through a crowdfunding campaign.

TORSTAR NEWS SERVICE

Elisa at age 4 or 5. CONTRIBUTED

Elisa Hategan at age 17. CONTRIBUTED

Once a young standout in Toronto's now-defunct white-supremacist group Heritage Front, Elisa Hategan now lives quietly with her partner in North York. CONTRIBUTED

TIMELINE: ELISA HATEGAN'S JOURNEY

From innocent to oppressor

Recruited as a teenager by the now-defunct racist group Heritage Front, Elisa Hategan has spent the last 20 years exploring how she went from innocent to oppressor.

Dec. 17, 1974: Elisse Hategan is born in Bucharest, Romania.

1986: Hategan and her father join her mother in Toronto.

1988: Hategan's father dies after returning to Romania. She lives in Toronto with her mother in Regent Park.

1991: Hategan is recruited by the Heritage Front, a white-supremacist group based in Toronto. She is groomed to be their young, female voice.

1993: Hategan realizes she is gay. She turns on the Heritage Front after the group begins targeting LGBTQ activists. She secretly provides information to anti-racist activists.

1993: Hategan is arrested and charged with a hate-related crime for distributing a document titled Animal Life Series No. 1. The charges are later dropped after a police investigation reveals she had given the document to two members of an anti-racist group as a warning.

June 2, 1994: Heritage Front leader Wolfgang Droege and two other members are convicted of contempt for violating a court order by continuing to play messages on a racist telephone hotline. Hategan testified against them.

Aug. 14, 1994: Grant Bristow, intelligence chief and co-director of security for the Heritage Front, is revealed by the Toronto Sun as a paid informant for CSIS. Torstar News Service tracked him down the following year in an Edmonton suburb, where he had been living under a fake identity provided by the Canadian government.

June 13, 1995: Hategan appears as a voluntary witness at the Parliamentary subcommittee on the Heritage Front and the Bristow affair.

1999: Hategan graduates from the University of Ottawa with a double major in criminology and psychology.

2001: On a trip to Romania, she discovers that her father, who was anti-Semitic, had Jewish roots.

April 2005: Former Heritage Front leader Wolfgang Droege is shot dead in his Scarborough home.

2006: Hategan changes her first name to Elisa.

2014: Her memoir, Race Traitor: The True Story Of Canadian Intelligence Service's Greatest Cover-Up, is published.

2013: Hategan converts to Judaism in Chicago.

April 2015: She travels to Romania to research her new book, Remember Your Name: A Memoir of Loss, Love & Hate, which she is financing through a crowdfunding campaign.

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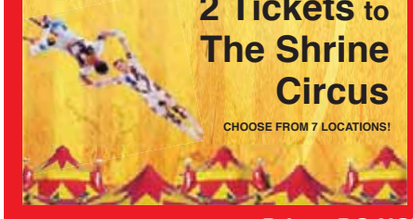

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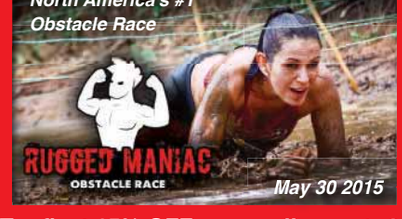

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HIGH PARK PRETTY IN PINK It's that time of year when flower lovers and photographers walk through High Park to admire the cherry blossoms in full bloom. VINCE TALOTTA/TORSTAR NEWS SERVICE

BOARD GAMES

Ontario woman seeks Monopoly world title

The money may be fake, and the win may seem surreal, but Andi Cameron is definitely representing her country at the upcoming 2015 Monopoly World Championship — for real.

Cameron, who hails from Holland Landing, Ont., won the 2015 Monopoly Canadian championship played over the weekend in Toronto.

She bested a field of 47 other players to claim the title.

She will travel to Macao, China, for the world championship scheduled for Sept. 7-9.

This year marks the 80th anniversary of the beloved game, whose world championship offers a grand prize of $20,580 — the equivalent of the total amount of cash in Monopoly.

Cameron, a mother of two, is the first woman to win the Canadian Championship since 1975.

AFP

In this photo illustration, Monopoly game pieces are displayed. GETTY IMAGES

'Confusion' over consent

SURVEY

However, young Canadians have better understanding

Jessica Smith Cross
Metro | Toronto

Younger Canadians know more about sexual consent than their parents' generation, according to a recent survey by the Canadian Women's Foundation.

But, the group says, most people of all ages still have a lot to learn.

Anu Dugal, the foundation's director of violence prevention programs, said now is the perfect moment to educate people about consent with the media spotlight on stories like that of Jian Ghomeshi and the addition of consent to the Ontario sex-ed curriculum. "But we can see the conversation is new because although it's very easy to understand, there's still some confusion about it," she said.

While 96 per cent of people surveyed said sexual activity should be consensual, only one in three got what the foundation considers a perfect consent score, by saying sexual consent has to be verbal, enthusiastic and ongoing throughout the sexual activity, Dugal said.

Young people, in general, had stronger views about consent.

For example, 71 per cent of those 18 to 34 said it needs to be ongoing throughout the sexual activity — which is in accordance with Canadian law — but only 58 per cent of those aged 55 plus said the same.

The Canadian Women's Foundation also asked respondents about various reasons a woman might submit to unwanted sexual activity, and found men and older people were less likely than women and younger people to agree that certain pressures can make a woman submit to sex she doesn't actually want.

Seventy-one per cent of men and 82 per cent of women said a woman might submit to sex she did not want because of fear of verbal or physical abuse, while 48 per cent of men and 61 per cent of women said a woman might submit because she'd asked the man to stop but was ignored.

While 63 per cent of Canadians aged 18 to 34 said peer pressure, or societal pressure, might make a woman submit to unwanted sex, only 39 per cent said so among those aged 55 plus.

However, younger people were more likely to see a sext as a sign of consent than older people, Dugal said.

NUMBERS

While most Canadians (97%) believe consent is required for sexual activity between people on a casual date or between new partners, 1 in 10 Canadians believe consent is not required or don't know if it's required between spouses (12%) or long-term partners (11%). SOURCE: CANADIAN WOMEN'S FOUNDATION SURVEY

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Parents rally over sex-ed

The protest on Monday afternoon at Queen's Park. JESSICA SMITH CROSS/METRO

EDUCATION

Many parents kept kids out of school

Jessica Smith Cross
Metro | Toronto

Thousands of parents pulled their kids out of elementary school on Monday and are planning to keep them out for the rest of the week to protest Ontario's new Ontario sex-ed curriculum.

Organizers have been rallying parents on Facebook. One of the biggest protests was at Thorncliffe Park Public School, where only 130 children of 1,350 showed up for class. Others took to Queen's Park.

Premier Kathleen Wynne said some of the protesters are motivated by homophobia. Metro asked protesters why they are opposed to the curriculum.

Melanie Marcus doesn't mind that the curriculum includes lessons about puberty and biology, but she's concerned the curriculum will make kids question their gender identity.

"Talking to children who are very impressionable, who don't understand things like gender is inappropriate," she said.

Akhter — who opted not to give his last name — said his primary concern is the curriculum is not only teaching kids sex education, but teaching them same-sex education.

"My protest is this: What are we trying to produce in this generation, gays and lesbians?" he said. "That thing will convince them to be one of them."

Akhter said he knows his viewpoint is homophobic and he wants assurances he will be able to take his children out of school during sex-ed classes.

Fathima Sajeed, 16, has siblings in elementary school. She said she's concerned about the curriculum's instruction on masturbation and same-sex marriage.

"I'm not opposed to same-sex marriage I just don't like them teaching at this age," she said. "They're too young."

> **It's leading to confusion. That's what we're afraid will happen.**
> Melanie Marcus

Kimberly Cormier brought her six-year-old daughter to the protest and feels the new curriculum will take childrens' innocence away. She said the topics will only serve to confuse children.

FACT AND FICTION

Sex-ed class rumours, claims analyzed

With thousands of parents protesting Ontario's new sex-ed curriculum, rumours are flying about what, exactly, kids will be learning about sex in public schools.

Here's a rundown of some of the claims made by parents against the curriculum, and how they stack up to reality.

Claim 1

"In Grade 1 they will learn to reveal their private parts, they will see posters and flash cards of private parts, they will learn to touch the private area and identify it on themselves and others."

Source: An anonymous letter written in Arabic and circulated in Peel Region.

Veracity: Students will learn how to correctly name private parts, as well as to recognize "exploitive behaviours" such as inappropriate touching. The curriculum describes a "teacher prompt" that encourages students to talk about "all body parts with respect," so children will understand that "If I'm hurt or need help, and I know the right words, other people will know what I'm talking about."

Claim 2

"Grade 6 is about the promotion of self-discovery through masturbation. Our 12-year-old daughter or son, who is not even a teenager yet, will be asked in class to explore his or her own body by touching their private parts, masturbating and pleasuring their body."

Source: An anonymous letter written in Arabic and circulated in Peel Region.

Veracity: In Grade 6, children are not "taught masturbation," but they are taught that it is "common and is not harmful and is one way of learning about your body." Children in that grade also learn about building healthy relationships.

Claim 3

"Anal Play 101 class in Grade 8 would actually provide instruction on anal sex play."

Source: An anonymous letter written in Arabic and circulated in Peel Region.

Veracity: "Anal Play 101" is not a lesson plan — the title comes from an online article on the Planned Parenthood Toronto website. In Grade 7, children learn how to communicate that they don't want to have sex, including anal sex. They learn that it's best to wait until they are older to have any kind of sexual activity. They also learn how STIs are transmitted.

Claim 4

"In Making Sex Feel Good unit, they will be asked to look at sexy magazines and movies to investigate what arouses and seduces them."

Source: An anonymous letter written in Arabic and circulated in Peel Region.

Veracity: There is no such lesson called "making sex feel good" — the title comes from an online article on the Planned Parenthood Toronto website.

TORSTAR NEWS SERVICE

CITY PROJECTS **SPRUCING UP THE COMMUNITY** Danny Brigmohan, with Rangers Greenhouses, Dana Duncanson and Jeff Gomez push a flower pot into place on John Street. Landscapers are putting in the plants and flowers for the John Street pedestrian initiative which narrows the street for the summer with seating and plants to help beautify the neighbourhood. BERNARD WEIL/TORONTO STAR

CENSUS

Council to consider asking feds to reinstate long-form survey

Luke Simcoe
Metro | Toronto

At Tuesday's council meeting, politicians in Toronto will consider asking the federal government to reinstate the long-form census.

Coun. Janet Davis told Metro that since the mandatory census was cancelled in 2010, the city has had difficulty finding the data necessary to deliver programs efficiently.

"Whether it's immigration, income or employment, we need to to understand the characteristics of our population in order to plan the services we provide," she said.

The federal Conservatives axed the long-form census five years ago, citing concerns about privacy. The data from the new, mandatory National Household Survey (NHS) is widely considered less accurate and is hard to compare to data from previous censuses.

"We can't do the same neighbourhood analysis that we used to. We don't have the same access to information about newcomers that we used to have on the long form," said Harvey Low, Toronto's manager of research and information.

Low said working with data from the NHS take more time than the long-form census, and is thus a drain on city coffers.

"Instead of doing the things we're supposed to be doing, we're spending more time testing the quality of the data," he said. "That's a financial impact when you factor in staff costs."

The city uses census data to set cut-offs for needs-based services, Low said. With the NHS data, many municipal departments are unsure if they're setting the right targets.

"Parks and Recreation used the information to identify those who would receive services for free. In the absence of that data, the opposite is happening. They might be providing free services to people who don't need them," Low said.

Davis believes the motion will pass "without being contentious."

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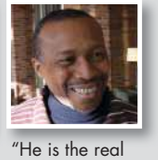

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Man survives third disaster

Toronto businessman Joe Raftis, 54, escaped last week's avalanche on Everest. CONTRIBUTED

EARTHQUAKE

Narrow escape at marathon and twice on Mount Everest

Adventurer Joe Raftis
BERNARD WEIL/TORSTAR NEWS SERVICE

It was lunchtime on Everest when Joe Raftis felt the dining tent shake.

The Toronto businessman knew the feeling. He had narrowly cheated death twice in the past two years — first at the 2013 Boston Marathon, which he completed just an hour before terrorists set off pressure-cooker bombs at the finish line; then again in 2014, during his first attempt to scale the world's tallest peak, interrupted by an avalanche that killed 16 Sherpa guides.

This time, hunkered down at the mountain's historically safe base camp just before noon, the possibility of a third close call seemed remote.

"At first, it doesn't register as an earthquake," Raftis, 54, said on Monday. "You just think, are there a bunch of guys outside shaking the tent?"

A sound outside — a "roar" — told him this was more serious.

"So I ran out of the tent and I saw this wall of snow and ice, an avalanche, coming at me."

Last weekend's earthquake in Nepal and its aftermath have claimed more than 7,000 lives, including those of 19 climbers on Everest.

Raftis was almost part of the grim tally.

A day after landing in Toronto, speaking from Europe Bound, the travel gear store he owns on King Street, he called himself "lucky."

"I can't believe my luck, three years in a row."

Raftis also had to think fast. He says he had 10 seconds after seeing the avalanche approaching to choose between running and seeking shelter in the tent.

He decided to run and made it about 15 metres before stopping and covering his head with his arms. Though he was buried up to his calves, the worst of the pummelling snow hit some 40 metres away.

"It was kind of a narrow miss. Just 15 metres away, there were deaths and injuries," Raftis said.

Within 20 minutes, he was able to call his wife, Shelly, at their north Toronto home using a satellite phone. But the signal cut out before long.

That night, he slept fitfully in the dining tent at base camp, the sound of avalanches continuing to echo down the mountain.

Aftershocks and rock slides continued the next day. As Raftis hiked toward a nearby village, he saw the extent of the earthquake's devastation.

"Camps completely wiped out; camps completely crushed," he said. He also saw three dead bodies wrapped in tarps "just waiting to be airlifted out."

For the next few days, he and his party hiked toward the small Nepalese town of Lukla, hoping to catch a flight bound for Kathmandu. After nearly three days of waiting, Raftis says he bribed an official to get a boarding pass at the tiny, crowded airport.

At 11 a.m. Sunday, he was reunited with his wife and three kids.

An avid climber, Raftis says this was his last shot at Everest.

"I'm not going back a third time," he said. "I'm too old for this." TORSTAR NEWS SERVICE

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Tory backs taxi licence reforms

NO ROLLBACK

Plate owners lobbying to reinstate former scheme

Mayor John Tory is signalling support for owner-operated cabs. RICK MADONIK/TORSTAR NEWS SERVICE

The mayor's office appears poised to buck an intense lobbying effort to undo the new way Toronto's taxis are licensed.

After years of costly consultations and review, council last year introduced a licensing regime to replace standard plates with a new Toronto Taxi Licence (TTL) meant solely for owner-operated cabs.

Standard plate owners — most of whom never get behind the wheel of a cab — vigorously opposed the change, arguing it would significantly devalue their lucrative investment.

But after last fall's municipal election, opponents got another kick at the can before receptive councillors on the city's licensing committee.

This week, that committee is asking council to reinstate standard licences. Critics say a reversal of last year's decision would kill the goal of making the system fairer by putting more money in drivers' pockets and expanding the number of wheelchair-accessible cabs.

In a speech to the Toronto Region Board of Trade on Monday, Mayor John Tory signalled he won't support the licensing committee's request, which would be the "legislative equivalent of sticking our head in the sand."

"The battle isn't over standard licences. Not even close," Tory said. "It's about responding to shifting demands and making room for disruptive technologies like Uber and Lyft, while ensuring taxis are properly regulated and that the public is protected."

Sources say the mayor will support a motion to defer the issue until after a court decides whether to grant the city an injunction to shut down all of Uber's operations.

"We can deal with taxi reform on a piecemeal basis, or we can stand up for the paying public, do the right thing and say, 'Let's look at the industry as a whole,'" Tory told his Monday morning audience.

Tory's remarks Monday follow weeks of fierce lobbying at city hall.

Sussex Strategy Group, a firm that represents the Toronto Taxi Alliance — the group representing large brokerages and standard plate owners — has been the most visible.

Since mid-January, Sussex lobbyist Jamie Besner has had 89 meetings with councillors or their staff, according to the lobbyist registry. Most were members of the licensing committee.

On the other side, Amarjeet Chhabra — who represents the iTaxiworkers Association, made up mostly of drivers — and others working in the industry have had nearly 90 meetings with councillors.

At city hall, there has also been a lot of talk about campaign donations made by the taxi industry in the run-up to last year's election.

Torstar compared the lists of 2014 campaign donations for councillors who sit on the licensing committee to a database of taxi plate owners.

Several councillors on the committee appear to have received donations from many taxi plate owners. And while those donations don't break election rules, they have raised eyebrows at city hall.

"It's always a fight between owners and drivers and agents and money, and far too often the guy who's the most important person — the customer — is never considered in the equation," says Deputy Mayor Denzil Minnan-Wong.

"If you put more money in the driver's pocket, you get a better driver."

TORSTAR NEWS SERVICE

> **We can deal with taxi reform on a piecemeal basis, or we can stand up for the paying public.**
> Mayor John Tory

Dictionary of the Duffy trial

SENATE SCANDAL

Your guide to terms used in the suspended senator's case

Senator Mike Duffy's trial on 31 charges of fraud, breach-of-trust and bribery begins its fifth week Monday — an opportunity to look at the unique lexicon that's sprung up around the case.

Age Wave: a nebulous project Duffy discussed with trainer Mike Croskery to promote physical activity among baby boomers. Croskery was paid Senate funds through the Ottawa ICF contract (see below) for consulting services Duffy said he provided during exercise sessions.

Common sense: what the Crown believes should be applied when considering Mike Duffy's claim that his principal residence was in Prince Edward Island. The defence argues that the actual rules are what can be tested in court.

Insulating concrete forms: a home construction system in which concrete is poured between reinforced polystyrene foam forms; also the core product of a company (Maple Ridge Media/Ottawa ICF) to which Duffy awarded up to $65,000 in contracts for business he said was Senate-related.

Jiffy Photo: a suburban Ottawa photo-developing shop that printed and mounted about $1,500 worth of photos for Duffy, paid through the Ottawa ICF contract (see above).

Mistake-repay scenario: a term coined by defence lawyer Donald Bayne. It refers to an alleged plan by the Prime Minister's Office to force Duffy to say he had made a mistake claiming $90,000 in living expenses, and then to repay those expenses, thereby helping make a political problem go away.

Suspended senator Mike Duffy arrives at court in Ottawa on April 27. Duffy is facing 31 charges related to inappropriate Senate expenses. SEAN KILPATRICK/THE CANADIAN PRESS

Oversight: for Senate human-resources and finance officials, this involved verifying that contract and expense forms were filled out properly. It did not include making sure contract work was actually performed or scrutinizing exactly what a senator was doing when it was declared he or she was travelling on "Senate business."

Partisan activities: according to the SARs (see below), an "inherent and essential" part of a senator's parliamentary functions. All activities may or may not be eligible for Senate-paid travel, depending on how one interprets the spending guidelines.

Primary residence: a) Primary means main or usual and residence means where you live, according to the Crown. b) The place a senator designates on a form as his or her primary residence.

SARs: not the viral respiratory disease that hit Toronto in 2003 but the "Senate Administrative Rules," a foundational document guiding the work of senators and a favourite reference point for Bayne.

Sixty-four point travel system: not a cheapo airline loyalty program but the allotment senators have for expensing flights when they are more than 100 kilometres away from home. Each return flight between Ottawa and the home province counts as one point. A quarter-point is deducted for each leg of travel within a senator's home region.

THE CANADIAN PRESS

SIDE NOTE

Volunteer

1. A person who works without remuneration.
2. A person who might receive a cheque for $500 as a thank-you for their free work, as did Duffy office figure Ashley Cain through the Ottawa ICF contract.

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ALBERTA ELECTION

Ban lifted on candidate's case

The day before the Alberta election, the governing Progressive Conservatives were forced to address lurid allegations surrounding their former justice minister's failed marriage.

A judge lifted a ban that had kept from the public allegations that Jonathan Denis kneed his estranged wife, Breanna Palmer, in the face, tampered with her car's brakes and threw temper tantrums while their months-long marriage fell apart earlier this year.

Justice Craig Jones also removed an emergency protection order against Denis.

The judge said he was satisfied Palmer is "not in danger of family violence."

"I accept Miss Palmer's anxieties rising from her interactions with Mr. Denis... are real," Jones said Monday.

"I am not persuaded that they rise to the level of an objectively reasonable fear of family violence."

Denis, who has not been charged with any crime, said he was looking forward to getting back to the campaign in its final hours.

Premier Jim Prentice asked Denis to resign his cabinet portfolio on April 25 — three weeks into the campaign and a day after a judge granted Palmer a temporary emergency protection order.

Denis, however, remained a candidate for the party in Calgary Acadia. Prentice said he had confidence in Denis.

> **She indicated they were both miserable.**
> Justice Craig Jones

The Wildrose party called for Denis to resign Monday given the "serious allegations" revealed when the publication ban was lifted. Prentice refused.

"A marriage breakdown is a tragic circumstance for all involved. And that is what this remains: a matrimonial dispute that continues to be extremely difficult for both of these people," he said in a statement.

Palmer provided a lengthy list of complaints against Denis, including that he ripped a TV out of the wall and the seat off a toilet as the relationship eroded.

She alleged that in the spring of 2014 he kneed her in the nose when she went to kiss him while he was in bed, causing her nose to bleed.

Palmer said her car was broken into twice and both her clutch and brakes were damaged.

She also alleged Denis' mother once locked her in the couple's home.

"She indicated they were both miserable," said Jones, who noted that not all of the allegations held up under cross-examination.

Jonathan Denis and Jim Prentice in Edmonton before the Alberta budget was delivered. JASON FRANSON/THE CANADIAN PRESS

THE CANADIAN PRESS

Liberal Leader Justin Trudeau makes a policy announcement Monday during an event at a restaurant in Aylmer, Que. ADRIAN WYLD/THE CANADIAN PRESS

Tax hike for rich: Trudeau

POLITICS

Liberal leader reveals party's economic plan

Justin Trudeau has unveiled the Liberal alternative to the Harper government's economic plan: hike taxes for the wealthiest one per cent to pay for more generous child benefits and an across-the-board income-tax cut for the middle class.

Under the Liberal proposal announced Monday:

- The 22-per-cent tax rate for anyone with a taxable annual income between $44,701 and $89,401 would be cut to 20.5 per cent.
- A new tax bracket of 33 per cent would be imposed on those with taxable incomes over $200,000 a year. The current top bracket of 29 per cent would continue to apply to those earning between $138,586 and $200,000.

A Trudeau government would also scrap Prime Minister Stephen Harper's universal child-care benefit and roll together two other existing child benefits into a single, more generous, monthly, tax-free "Canada child benefit." According to the Liberals, all families with kids under 18 and an annual income below $150,000, or 90 per cent of families, would receive more under Trudeau's plan.

Monday's announcement is a reply to last month's Conservative pre-election budget, which pivots around twin measures to allow parents with children under 18 to split their income for tax purposes and to expand and enrich the universal child care benefit.

Trudeau has promised to scrap the $2-billion parental income-splitting scheme, which critics have said will benefit less than 15 per cent of families, primarily the wealthiest.

THE CANADIAN PRESS

Feds claim Khadr bail threatens transfers

Granting bail to former Guantanamo Bay prisoner Omar Khadr while he appeals his war-crimes conviction in the United States threatens the entire system of international prisoner transfers, the federal government argues in new court filings.

The claim comes in material filed late Monday as part of Ottawa's 11th-hour attempt to block Khadr's release from prison — which could come as early as Tuesday evening.

"A lack of clarity in the international transfer process may jeopardize the system as a whole," the government states in documents obtained by The Canadian Press.

"(Khadr's) release unsettles the foundation of this system by introducing uncertainty and a lack of control over the manner in which Canadian offenders' sentences are enforced."

Despite having presented no such evidence at his bail hearing, the government also now argues that allowing Khadr out, given his long incarceration, presents a risk that is contrary to the public interest.

It does not elaborate on the nature of the risk but notes he has applied for parole in June.

On Monday, the government also filed its formal notice of appeal of the April 24 decision by Justice June Ross of the Alberta Court of Queen's Bench granting Khadr bail. It wants the stay pending disposition of the case.

THE CANADIAN PRESS

> **"Springing (Khadr) into the community ... poses an undue risk.**
>
> The federal government, in court filings

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ITALY SHIPS RESCUE THOUSANDS OF MIGRANTS AT SEA NEAR LIBYA A child blows a kiss as migrants disembark from the Italian Navy frigate Bersagliere at the Reggio Calabria harbour, Monday. Italian rescue ships brought migrants by the thousands to Italy's southern ports, including a baby born aboard a navy vessel, as crowded shelters in Sicily and on the mainland struggled Monday to find room for them. In a three-day period ending Sunday, 6,771 survivors were rescued in the seas north of Libya from overcrowded rubber dinghies and unseaworthy fishing boats sent out by smuggling rings, the coast guard reported Monday. Ten bodies were found Sunday on boats or in the sea. ADRIANA SAPONE/THE ASSOCIATED PRESS

Gunmen ID'd in attack outside cartoon event

DALLAS

One man well-known to FBI

Since at least 2007, the FBI has been able to recognize the voice of Elton Simpson — one of the men suspected in the Texas shootings outside a contest featuring cartoons of the Muslim Prophet Muhammad.

Agents recorded the young man from Phoenix talking about fighting nonbelievers for Allah. About plans to travel to South Africa and link up with "brothers" in Somalia. About using school as a cover story for travelling overseas.

Simpson was arrested in 2010, one day before authorities say he planned to leave for South Africa. But despite more than 1,500 hours of recorded conversations, the government prosecuted him on only one minor charge — lying to a federal agent. Years spent investigating Simpson for terrorism ties resulted in three years of probation and $600 in fines and court fees.

Then, on Sunday, two men whom authorities identified as Simpson and Nadir Soofi opened fire in a Dallas suburb on a security officer stationed outside the contest. The officials spoke only on condition of anonymity because they were not authorized to discuss the investigation by name.

The deliberately provocative contest had been expected to draw outrage from the Muslim community. According to mainstream Islamic tradition, any physical depiction of the Prophet Muhammad — even a respectful one — is considered blasphemous, and drawings similar to those featured at the Texas event have sparked violence around the world.

Simpson and Soofi were wearing body armour, and one shot the guard in the leg. A police officer returned fire and struck both men, killing them. The guard was treated for his injury at a hospital and released.

Simpson, described as quiet and devout, had been on the radar of law enforcement because of his social media presence, but authorities did not have an indication that he was plotting an attack, said one federal official familiar with the investigation. Less was known about Soofi who appeared to have never been prosecuted in federal court, according to a search of court records.

Simpson had worshipped at the Islamic Community Center of Phoenix for about a decade, but he quit showing up over the past two or three months, the president of the mosque told The Associated Press. A convert to Islam, Simpson first attracted the FBI's attention in 2006 because of his ties to Hassan Abu Jihaad, a former U.S. Navy sailor who had been arrested in Phoenix and was ultimately convicted of terrorism-related charges, according to court records.

In the fall of that year, the FBI asked one of its informants, Dabla Deng, a Sudanese immigrant, to befriend Simpson and ask for advice about Islam. Over the next few years, Deng would tape his conversations with Simpson with a hidden recording device accumulating more than 1,500 hours of conversations, according to court records.

THE ASSOCIATED PRESS

EARTHQUAKE

Nepal calls for international help as reconstruction begins

Nepal's government will need immense international support as the Himalayan nation begins turning its attention toward reconstruction in the coming weeks, in the wake of the devastating April earthquake, a top official said Monday.

Nepal is one of the world's poorest nations, and its economy, largely based on tourism, has been crippled by the earthquake, which left more than 7,300 people dead. While there are no clear estimates yet of how much it will cost to rebuild, it will certainly be enormously expensive.

"In two to three weeks a serious reconstruction package needs to be developed, where we'll need enormous help from the international community," said Information Minister Minendra Rijal. "There's a huge, huge funding gap."

He also said foreign rescue workers were welcome in Nepal, saying they could remain as long as they are needed. He had earlier said that the need for their services was diminishing, but later denied that he wanted them to leave the country.

Soon, he added, the nation will be shifting away from a rescue mode and "will be concentrating more on relief operations."

Since the April 25 earthquake, 4,050 rescue workers from 34 different nations have flown to Nepal to help in rescue operations, provide emergency medical care and distribute food and other necessities. The still-rising death toll from the quake, Nepal's worst in more than 80 years, has reached 7,365, police said.

The World Food Program so far has dispatched food for 250,000 people in some of the hardest-hit areas, the spokesman for the UN secretary-general, Stephane Dujarric, told reporters Monday. The agency warned that basic aid is still needed, especially for people living without shelter.

Meanwhile, Buddhists turned out to visit shrines and monasteries to mark the birthday of Gautama Buddha, the founder of Buddhism.

At the base of the Swayambhunath shrine, located atop a hill overlooking Kathmandu, hundreds of people chanted prayers as they walked around the hill where the white iconic stupa with its gazing eyes is located.

Some of the structures around the stupa, built in the fifth century, were damaged in the quake. Police blocked off the steep steps to the top of the shrine, also called the "Monkey Temple" because of the many monkeys who live on its slopes.

"I am praying for peace for the thousands of people who were killed," said Santa Lama, a 60-year-old woman. "I hope there will be peace and calm in the country once again and the worst is over."

Kathmandu's main airport remained closed since Sunday to large aircraft delivering aid due to runaway damage, but UN officials said the overall logistics situation was improving.

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EVEREST

Sherpas refuse to rebuild trek route

Sherpas in Nepal have refused to rebuild a climbing route on Mount Everest that was destroyed by an earthquake-triggered avalanche more than a week ago, a decision likely to end this year's climbing season.

Gyanendra Shrestha, an official at Nepal's Mountaineering Department, said the Sherpas informed the office on Monday that they were not going to rebuild the route because of safety and time reasons.

It would be the second consecutive year that the climbing season has been called off because of deaths on the world's highest peak. The season was cancelled last year after an avalanche killed 16 Sherpa guides.

Mountaineering teams have until the end of this month to climb the peak, but without the route being fixed it is not possible for them. The Sherpas play a crucial role by bringing the ladders, ropes and equipment needed to clear the trail.

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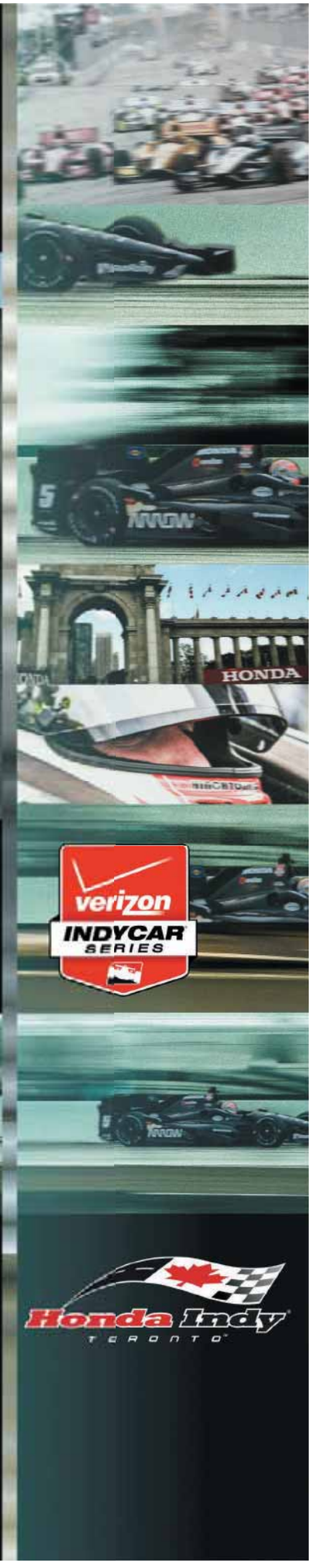

Watchdogs keeping eye on Apple's Beats

STREAMING MUSIC

Regulators fear aggressive tactics against competition

Apple appears to have raised the ire of anti-trust authorities as it prepares for the launch of its Beats music-streaming service, according to reports.

Both the European Union's Competition Committee and the U.S. Department of Justice are reportedly watching the Cupertino, Calif.-based company, as it may be using aggressive tactics with record labels to hamper the competition as it prepares to enter the market.

With the launch of Beats Music expected this summer, Apple is apparently trying to pressure music labels to not renew Spotify's licence to stream music through its free tier.

While Spotify has 60 million users, only 15 million are paid users of its $10-a-month service.

The Verge website reported that according to multiple sources, the U.S. Department of Justice is tracking the company, which follows a New York Post report that the European Union's Competition Commission has launched a probe into the company's business practices. The New York Post says Apple wanted to charge less than $10 a month for its streaming service to undercut the competition but couldn't make the pricing work.

The Verge also reported a source saying that Apple offered to pay Universal Music group the equivalent of what it gets from YouTube licensing fees if it stopped putting its music up on the service.

YouTube is still where the majority of people go online to listen to music and it has also launched a paid music tier service.

Ahead of Apple's Beats launch, Spotify is offering promotions in Canada in the hopes of growing its user base. The company is offering three months of its premium tier for 99 cents a month. Wireless company Fido is offering two years of Spotify premium for free as part of its Pulse plan promotions.

Marketing Magazine reported that, in a bid to be seen as catering to local tastes, Spotify has unveiled a number of new Canadian city-themed playlists, including Toronto.

TORSTAR NEWS SERVICE

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LAS VEGAS AGING RIVIERA AGING NO MORE A sign thanks customers outside the Riviera Hotel and Casino, which shut down at noon Monday as the last few gamblers tried their luck on slots. The Las Vegas Convention and Visitors Authority, which bought the building where Liberace and Frank Sinatra once were headliners, plans to tear it down and expand the Las Vegas Convention Center to the Strip. JOHN LOCHER/THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, May 5, 2015

the big question

How old is old enough for kids to go out on their own?

Whether it's playing at the park or visiting a Lego store, a bit of independence is good for the mental and physical health of kids nine to 11, says Ryerson University professor Raktim Mitra. He found Grade 5 and 6 students who were allowed to explore on their own were 14 to 19 per cent more active than those who were constantly supervised. Most provinces don't have a specific law, so it's up to parents to decide when a child is mature enough for solo adventures.

Lack of diversity makes for bad transit policy

YOUR RIDE
Glyn Bowerman

The TTC board risks becoming an old boys' club if city council doesn't intervene.

Last week, the civic appointments committee recommended four citizen board members, all men, to oversee the city's transit decisions.

Advocacy groups bristled, citing a lack of diversity.

"Needless to say, we are extremely disappointed," said Kara Santokie, director of the Toronto Women's City Alliance. "To a large extent, it reflects the complete and embarrassing lack of diversity on city council."

Most people agree diversity and equality are good things, in and of themselves. But there are also very practical benefits to having diverse representation — and serious consequences when that diversity is missing. A lack of diversity in government results in bad policy, as Santokie pointed out.

For instance, more women use the TTC, statistically, but they tend to use it differently. Women tend to make shorter but more frequent trips — chain trips, if you will — throughout the day. Also, because women are often in the position of caregiver, accessibility is especially important.

The women's alliance has produced a video highlighting the ways our system fails to reflect these ridership patterns. It shows that the system is failing low-income women, caregivers and people with mobility issues, in particular. That's bad policy in action.

City-hall watcher Aleck Pang took to Twitter in response to the all-male board recommendations, asking: "What would a public transit system designed for women look like?"

Pang saw — beyond suggestions like time-based transfers to make chain trips more affordable — public safety as a frequent concern.

"I never cease to be surprised by how prevalent sexual harassment is on public transit," Pang said.

Beyond the kind of service we run, when we don't study transit with a gender-equity lens, what kind of system do we build?

"I think that people tend to be more focused on voter-friendly things like major capital transit expansions," Pang said, "Instead of the smaller operating improvements that can really make a difference in people's lives."

It's something to remember as we consider mega-projects. Last December, council requested a SmartTrack work plan that specifically mentioned using a gender-equity lens upon review. However, when the 24-page work plan surfaced, there was one mention of equity and no mention at all of gender.

To be fair, more study is needed for SmartTrack to move forward. But if we fail to consider gender when creating policy, important things get missed, Santokie said.

"Making policy that's a benefit to people who are otherwise marginalized doesn't hurt those in positions of privilege; it benefits everybody."

Glyn Bowerman is a Toronto-based journalist, theatre artist and regular contributor to Spacing Magazine. Follow him @Banquos_Banquet

ROSEMARY WESTWOOD

metroview

Why would anyone go to a play about residential schools?

You might think you know about residential schools.

You've seen them in headlines since the Truth and Reconciliation Commission began unwrapping the individual horrors of the government's attempts to destroy indigenous culture. You know about the abuses, the tearing apart of families, the ripple effects of alcoholism, the violence and the poverty.

You know who was the victim and who was to blame. So you'd know what to expect if you went to see a play about it. And then, if that play is God and the Indian, you'd be disappointed.

In the play, now running in Toronto and headed to Vancouver later in the month, Johnny Indian confronts the priest she believed raped her as a child. And he denies it.

The priest, George King, and Johnny each battle to prove the other wrong. The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

"Very few characters in history who are evil think they're evil," playwright Drew Haydon Taylor told me over the phone. He was busy preparing a dinner of stuffed peppers, "a traditional Ojibwe dish."

Yes, that's a joke. Taylor is a funny man, often writing plays and satires that capture what he calls indigenous "survival humour." As an elder once told him, "Humour is the WD-40 of healing for native people."

It is also present in Johnny. "I guess it helps when you are the same race as God," she quips in the play. Another time she mentions getting pregnant with a man named Dick: "That's what happens with Dicks," she says.

The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

Taylor's comedic plays are subversive, he argues, because "the vast majority of my native characters aren't dysfunctional enough for mainstream audiences."

Even Johnny — homeless, mentally ill and physically unwell — is far more than a victim. But God and the Indian is subversive, too, in all the questions that it does not answer.

The trick of this play isn't what it tells you about residential schools — it's what it doesn't say about who is to blame. There is no justice. Despite her pleas, Johnny doesn't get a confession. Despite his denial, we don't know if the priest is innocent.

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PHILOSOPHER CAT
by Jason Logan

Follow the Gold Record Road

Blues. Jazz. Country. Rock 'n' roll. Gospel. Southern Gospel. Cajun-zydeco. Soul/R&B. Bluegrass. Nine of America's most well-known music genres now have their own road map. Led by Nashville preservationist Aubrey Preston, a group of historians and music lovers came up with the Americana Music Triangle The Associated Press

Stretching from Nashville to Memphis to New Orleans — and encompassing points in between — the Americana Music Triangle includes locations in the Deep South that helped birth of the musical genres, from Clarksdale, Miss., the home of blues masters Muddy Waters and John Lee Hooker, to Muscle Shoals, Ala., site of the famed music studio where Aretha Franklin, the Rolling Stones and many others recorded songs.

Philanthropist Aubrey Preston hopes the triangle gives travelling music lovers, both foreign and domestic, a multi-state, Internet-based, interactive guide of the cradle of America's music, while also spurring enough interest for community leaders to preserve these spots for future educational and tourism opportunities.

State and local tourism officials hope much-needed dollars flow into their towns from travellers with cash to spend on restaurants, music shows, shops, and even gas stations and car washes.

"We're giving an anchor, a cloud of information ... that's easily accessible and connects places, stories, people and music to information that people can get from any place in the world," said Preston, whose last-minute purchase of Nashville's legendary RCA Studio A in October 2014 saved it from being torn down.

Events scheduled throughout this week in six cities will launch the Americana Music Triangle.

CONTRIBUTED

MUSIC CRADLE

Jazz, blues, rock and soul

Destinations are connected by the Gold Record Road, a 1,500-mile stretch of highway made up of Interstate 40 from Nashville to Memphis, Highway 61 — the Blues Trail — from Memphis to New Orleans, and the Natchez Trace Parkway from Nashville to Natchez, Miss. Travellers planning road trips can use a website as a guide, pinpointing destinations in the triangle and describing points of interest in more than 30 communities in Tennessee, Alabama, Mississippi, Louisiana and Arkansas.

Historian Colin Escott says the triangle accurately spotlights locations that will draw people to the South: the jazz halls of New Orleans, the rock 'n' roll and soul studios of Memphis, the cotton plantations of the Mississippi Delta.

"People do seem to want to touch something that's real," said Escott, co-writer of the book and musical Million Dollar Quartet and contributor to the triangle project. "They love this music throughout the world, and it is like a universal currency."

A city of about 17,200 about one-and-a-half hours' drive south of Memphis, Clarksdale has seen its share of population loss, poverty, troubled schools and blight, like other small towns in the triangle.

But, in recent years, the city has tried to boost its agriculture-driven economy with tourist spending and the sales taxes it generates. Downtown has seen an increase in restaurants and accommodations like loft apartments, and population appears to be growing. Tourists from overseas are making more frequent treks to Clarksdale, according to Mayor Bill Luckett and co-owner of Ground Zero Blues Club.

"Pulling this project off will be a tremendous help to this whole region," Luckett said. "It puts money in this economy that wasn't here before."

Luckett says promoting tourism does not exploit the city's more disadvantaged residents, some of whom may resent that so much attention is being paid to tourists while they struggle.

"There are some people who are going to express some resentment. I read it, I hear it," Luckett said. "Frankly, it's unfair and untrue."

Tourism and civic leaders in each location are encouraged to direct tourists to other spots on the trail, even if they are in another state. This sets the project apart from government-run initiatives that won't promote tourism experiences outside their purview.

The project's supporters hope that, as more people are drawn to these locations, governments, philanthropists and non-profits will move to preserve the sites and increase opportunities for musicians.

"If you have more regular (visitor) traffic, then you can start to have more music," said Roger Stolle, owner of the Cat Head Delta Blues & Folk Art store in Clarksdale. "It not only means that venue is going to be there for a long time, but it gives a reason for musicians to be there."

People do seem to want to touch something that's real. They love this music throughout the world, and it is like a universal currency
Historian Colin Escott

Omar Gordon, 24, plays the guitar outside the Cat Head Delta Blues & Folk Art store in Clarksdale, Miss., the home of Muddy Waters and John Lee Hooker. ADRIAN SAINZ/THE ASSOCIATED PRESS

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Grace Chatto, left, of Clean Bandit and guest singer Elisabeth Troy perform onstage at the Coachella festival in Indio, Calif., on April 18. MATT COWAN/GETTY IMAGES FOR COACHELLA

Clean Bandit making good with critics, fans

ELECTRONIC ACT

With a Grammy under its belt, band readies for N. American tour

Emily Laurence
Metro | NYC

Fresh off debuting a new song at Coachella with Marina and the Diamonds, British electronic band Clean Bandit found out they were nominated for the prestigious Ivor Novello Awards in multiple categories, up against Sam Smith, Hozier, alt-J and George Ezra. Considering their song Rather Be already won a Grammy earlier this year for best dance recording, their chances of winning are pretty high.

Win or lose, they're gearing up to perform across North America this summer, including upcoming shows in Toronto, Montreal and the Governors Ball — New York City's buzziest summer music festival. We catch up with band member Jack Patterson.

How did you guys all meet?
We met back in university, at Cambridge. Grace (Chatto) and I actually met in the dining hall, which kind of looked like Hogwarts. It was this huge Gothic hall. We were just having dinner and I met her there and then I introduced her to my brother (band member Luke Patterson).

So that was back in 2006. Is there anything about your music that is still the same and that you want to always be the same?
As long as the four of us are continuing to make music, I'm completely open to any kind of developments or changes within the way we make music, record or perform. I don't think there's anything about it that will always be the same.

The band's Jack Patterson
KEVIN WINTER/GETTY IMAGES

Stronger sounds happy, but the lyrics are deeper than the melody lets on. What does that song mean?
It's a funny one, that one. The lyrics are talking about not being constrained and doing what is right for yourself. But that's all layered underneath this major kind of sound. For me, the music used to be much more important than the lyrics, although I did write a lot of the lyrics. At least, that's how I felt when we were first starting out.

What inspires your sound? What do you listen to?
It's weird because the music I listen to personally is quite different than the music we put out as a band. I love Radiohead and Frank Sinatra. I listen to a lot of jazz as well. All of us listen to very different types of music from each other. Grace listens to more electronic music than me, and more classical music as well.

Gearing up for the Governors Ball, what are your music festival must-haves?
Just good sunscreen and a little hip flask. Those are the things that are most required. You aren't allowed to bring drinks into the music festivals here in the States, so you have to hide them.

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The business of music

LIVE

There's a side of Canadian Music Week fans never see

SOUND CHECK
Alan Cross

A giant chunk of the Canadian music industry (and chunks of the industry from the U.S., the U.K., Europe and Australasia) is now arriving in Toronto for Canadian Music Week, the largest conference of its kind in the country and one of the biggest in the world.

There are two sides to CMW: the outward fan-facing experience featuring more than 1,000 bands playing at dozens of venues, plus the film and comedy festivals. Then there's the industrial-grade experience which is directed at insiders from radio, TV, record labels, music retail, promoters, managers and the rest of the star-making machinery behind the popular song.

Death Cab for Cutie will perform at CMW on May 7. JASON KEMPIN/GETTY IMAGES

It's this second part — the stuff the public never gets to hear about — in which I'm most interested. So much business gets done at the bars and over dinner. Relationships begin with accidental meetings in hotel lobbies and outside of gigs. And then there are all the discussion sessions that take place as part of the industry concert. These talks — scheduled as conferences within the conference — will help shape the future of music as we know it.

For example, on Thursday there's going to be a discussion of radio's role in the connected car featuring input from broadcasters, auto dealers and technologists. How can old-fashioned analog radio compete for space and attention in the dashboards of new cars?

A few hours later, I'm moderating a panel called Radio of the Future, which will include the president of iHeartRadio in the U.S., the head of music for the BBC and more technologists. How will AM/FM radio evolve in the next few years? And into what? These people are leading that charge.

There will be sessions on advancements in understanding social media as it relates to music, the future of digital music and the rise of streaming music services, changes in copyright law, the state of live touring, how artists can properly brand themselves in a crowded marketplace and so much more.

And then there are the awards: The Crystals (an industry-only even that honours the best radio commercials), the Canadian Radio Music Awards (another industry-only event), the 15th annual Indie Awards (open to the public, by the way) and the Canadian Music Industry Awards, the biggest schmoozefest of the year. (I'm up for Music Journalist/Blogger of the Year. Wish me luck?)

It all starts tomorrow and won't stop until some time late Sunday. I already have a headache.

ALAN'S CMW PICKS

FIDLAR: I've been a fan of this L.A. bunch since their single Cheap Beer.

METZ: Another band with an ALL CAPS name. Former Polaris Music Prize darlings.

Zoobombs: If the Flaming Lips were from Japan, they'd be called Zoobombs. If that makes sense to you, you know what to expect.

COURT

Joni Mitchell's friend put in charge

Folk singer Joni Mitchell may be released from the hospital soon but still cannot confer with doctors about her medical care or long-term treatment, an attorney told a judge on Monday.

The assessment by attorney Alan Watenmaker compelled a judge to place the singer-songwriter's longtime friend in charge of health care decisions for Mitchell.

Superior Court Judge David S. Cunningham III appointed Leslie Morris, Mitchell's friend for more than 40 years, as the singer's conservator during a brief hearing Monday. Morris will now be able to confer with doctors and make decisions about Mitchell's treatment and lifestyle when she leaves a Los Angeles hospital.

An attorney appointed to represent Mitchell's interests agreed that Morris should receive emergency conservatorship authority.

"I believe that it is very necessary," Mitchell's court-appointed attorney Rebecca Thyne told Cunningham.

Mitchell, 71, has been hospitalized since March 31 for undisclosed reasons. No further information about Mitchell's health or prognosis was discussed during Monday's hearing, and Watenmaker declined comment after the proceedings.

A judge has appointed a conservator for Joni Mitchell, here performing in 2008, to make decisions about her health care. GETTY IMAGES

The eight-time Grammy winner has no relatives who can serve as her conservator, which led to Morris filing a petition last week stating that her friend was unconscious and unable to make decisions about her care. A message posted on Mitchell's official website, however, stated that the singer was alert and is expected to make a full recovery.

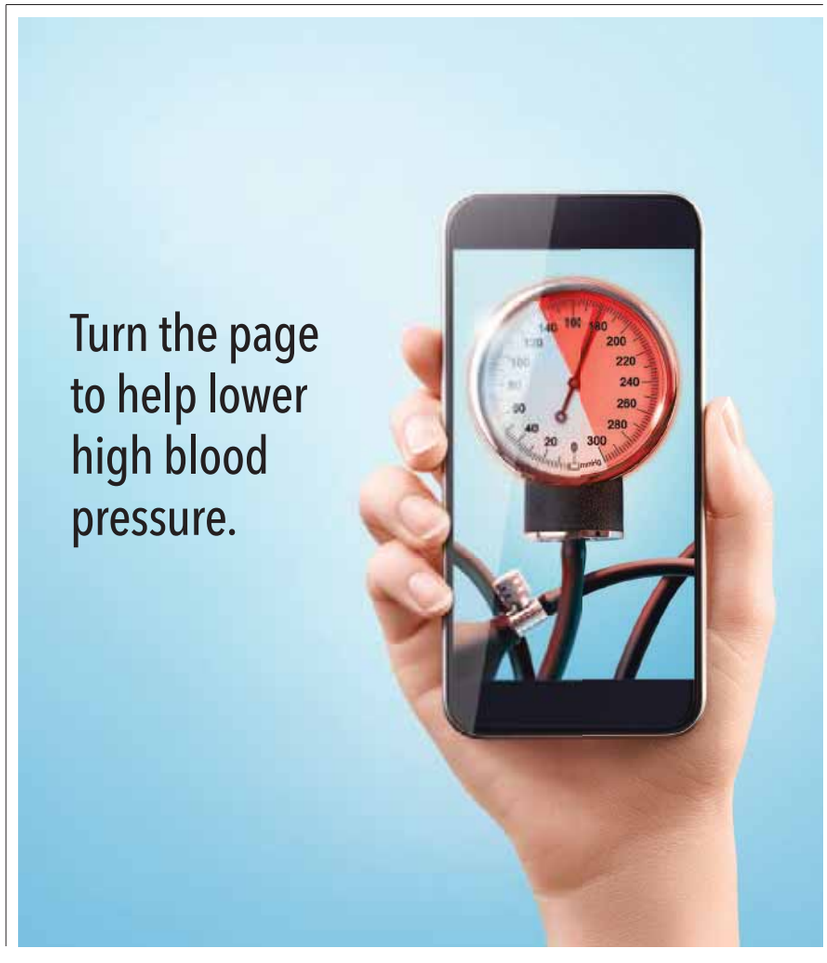
The conflicting information was not addressed at Monday's court hearing.

Morris will not have any control over Mitchell's finances.

In addition to winning multiple Grammy Awards, Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.

She started her career as a street musician in her native Canada before moving to Southern California, where she became part of the flourishing folk scene in the late 1960s. Her second album, Clouds, was a breakthrough with such songs as Both Sides Now and Chelsea Morning, winning Mitchell the Grammy for best folk performance.

THE ASSOCIATED PRESS



APP REVIEWS KRIS ABEL'S PICKS FOR THE WEEK

MIND THE APP

Kris Abel
@RealKrisAbel

COOKBOOK

Big Gay Ice Cream

- By Bryan Petroff & Douglas Quint
- Kindle/iBooks/Kobo

Anthony Bourdain, Rachel Ray and Neil Gaiman are among the celebrities included in this joyous anthology of foolish tales and radical recipes celebrating the origins of America's most unconventional ice-cream truck. In between unicorn-adorned posters of Bea Arthur you'll find mermaid sundaes, choinkwich creations and Big Gay Twitter tales.

VIDEO GAME

Broken Age

- PC/Mac/iPad/Android/PS4/PS Vita
- Rated: Ages 9+

The conclusion to Tim Schafer's witty point-and-click adventure starring Elijah Wood, Jack Black and Wil Wheaton continues its rib-tickling gags, but with more complex puzzles as the two threads of teenage distress finally merge. The characters are so resolute and likable that the heroism they explore ends up being heartfelt.

MAGAZINE

The Edit

- iPhone/iPad
- Free subscription

Now free to download, Net-A-Porter's weekly digital fashion mag is full of splashy photo-spreads, video interviews and seasonal articles about life experiences, beauty techniques and luxury shopping. There's enough reading to pass the time and both a virtual wish list and shopping bag to help you spend too.

Thanks for sharing your weight loss goal with me.
I'm ready
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Bacon -- that's the third time this week.
10 Meals Logged

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- Free

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FOOD

Handpick Food

- iPhone/iPad/Android
- Free

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WEB ACCESS

Zuckerberg's Internet.org now open to all developers

Mark Zuckerberg is calling upon developers everywhere to contribute to his Internet.org initiative, which aims to bring free web access and a range of online services to some of the world's most remote populations.

Created by the Facebook co-founder in 2013, Internet.org is a global initiative with the goal of bringing internet access to the two-thirds of the world's population still living without it.

Of course, Facebook is one of the services offered, and this has led to accusations that Zuckerberg's app flouts the principle of net neutrality. In response, the Facebook CEO has uploaded a video announcing how he plans to bring the project more in line with net neutrality, namely by opening the project to all developers, as long as their websites are light and basic (without Flash and JavaScript, for example). AFP

Starting a family?

The Robert Schad Naturopathic Clinic (RSNC) is holding an information session on optimizing Fertility and Reproductive Health as you prepare to become a parent.

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- Maximizing your nutrition to support your pregnancy
- Strategies for parents-to-be who are struggling to conceive

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ROBERT SCHAD NATUROPATHIC CLINIC

IN BRIEF

Sleepwalking runs in families

Did you sleepwalk when you were a kid? Still do it occasionally? If so, chances are your children will do it, too.

A new study adds support to the growing belief that behaviours like sleepwalking and sleep terrors run in families.

Researchers at Montreal's Centre for Advanced Research in Sleep Medicine report that the offspring of parents with a history of sleepwalking are between three and seven times more likely to sleepwalk than other children.

The likelihood rises if both parents are or were sleepwalkers.

The work also draws a link between sleep terrors and sleepwalking, suggesting as many as one-third of children who had night terrors when they were very young will have sleepwalking incidences later.

The findings are published in the journal JAMA Pediatrics.

AFP

Genetically modified rice could prevent birth defects

Bolstering rice with a gene to produce more folate, or vitamin B9, could ward off birth defects, according to a new study.

An estimated 50 to 70 per cent of all neural tube defects occur due to maternal folate deficiency, according to the Belgian research team.

The researchers suggest their folate biofortified rice (FBR) would be consumed in regions that lack the vitamin, such as Balrampur, India and Shanxi, China.

The idea of fortifying food with folic acid isn't new. Yet around the world, women are not taking enough folic acid and one study says that two thirds of U.K. women bypass recommended pre-pregnancy doses.

According to the paper, 1,000 pregnancies affected by spina bifida occur in the U.K. per year.

AFP

The agony of eggs-tacy

DATING

Reader tries to decipher the meaning of brunch post one-night stand

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen

A year after a breakup with my common-law partner, I finally made the decision to start dating. I met this nice guy and we had a good time. Maybe I was a bit too eager, you know, after not dating for a year, but I ended up "sleeping over."

The next morning we went for brunch together. Having been out of the dating scene for a few years, I wasn't sure about the etiquette.

Who should pay in a situation like this? Do you go Dutch or does it mean something else if one of you picks up the bill? Also, is brunch just a way he was able to get me out of his apartment (maybe this was a one-night stand), or was it a signal that he's interested and wanted to spend some more time getting to know me more?

Just trying to understand the nuances of modern dating.

— Christopher, Toronto

Dear Christopher,

Let's address the easy part first: Who pays? Answer: You should offer to pay if you did the inviting; offer to go Dutch if he did.

As for everything else (i.e., "is it brunch or true love?"), many advice-givers will tell you: "Don't over-analyze" or "Take it slow and see what happens" or "Careful not to set yourself up for massive disappointment" — but rest assured, I am not one of them.

I like to give advice a person can actually follow, like:

"Spend every waking minute obsessing about how the date went," and "Check your phone repeatedly for any sign of communication," and "Pour your heart into an excruciatingly detailed romantic fantasy about the two of you."

The thing is, Christopher, if you like this guy, you're going to do all this crazy stuff, anyway, so why waste time pretending you're not? See? My brilliant advice has just saved you hours of pointless self-chastisement, which you can now spend in a dreamy delusional haze that hurts no one except, well ...

OK, yes, you probably are setting yourself up for massive disappointment. But suffering is a part of life! And this kind of luxurious emotional agony is a privilege at any age.

The only real downside is that it may temporarily skew your musical tastes (Someone Like You on endless loop, anyone?).

In the meantime, the pre-agony ecstasy is there for the taking, my man. Go for it.

If a one-night stand has brunch with you the next day, does this mean it's true love? ISTOCK

Eating an apple encourages shoppers to buy 25 per cent more fruits and vegetables at the grocery store. ISTOCK

RESEARCH

Eat an apple, buy more healthy foods

Eating an apple upon entering the grocery store may prompt shoppers to buy 25 per cent more fruits and vegetables, according to a new study from the Cornell Food & Brand Lab.

"Having a small healthy snack before shopping can put us in a healthier mindset and steer us towards making better food choices," says Aner Tal, PhD of Cornell.

Tal and co-author Brian Wansink conducted three experiments to make their case, the first of which involved 120 shoppers. They were given at random an apple, a cookie or nothing at all as they arrived at the grocery store.

Tracking their purchases, the researchers concluded that those who had eaten an apple bought 28 per cent more fruits and vegetables than those who had consumed a cookie and 25 per cent more fruits and vegetables than those who were not given a snack.

In the second experiment, 56 participants who were given either a real cookie or a real apple to eat and then shown 20 images containing two products each.

They were asked to select which one they would purchase and each image featured one healthy item and one unhealthy item, calorie count being the distinguishing factor.

Results were similar to the first experiment, with the cookie eaters opting for a disproportionate amount of unhealthy items. AFP

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‘Bieber is white,’ his defence states

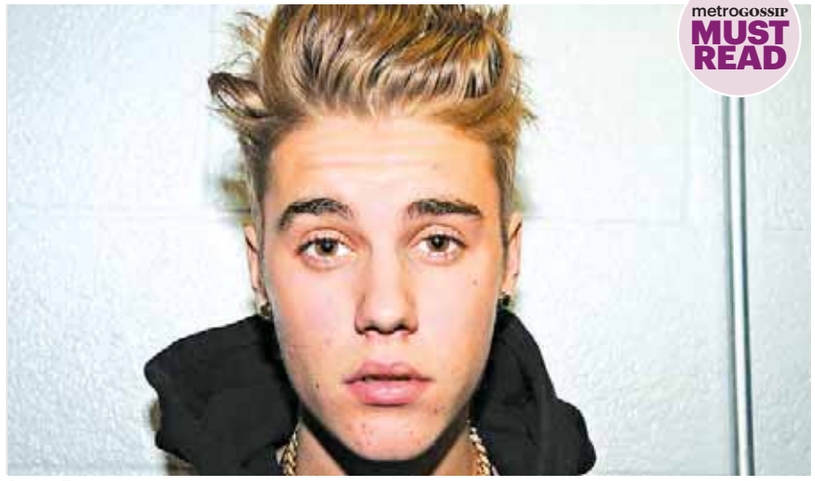
ASSAULT CHARGE

Limo driver made up story, pop star’s lawyers say

Lawyers for Justin Bieber claim a Toronto limousine driver suing the Canadian pop star made up a story about being assaulted by the singer in the hopes of getting a hefty payout.

In a statement of defence filed recently in an Ontario court, lawyers for Bieber argue the civil suit from limo driver Abdul Mohar should be dismissed.

Key to their argument is a claim that Mohar told police he was assaulted by “a black guy.” “Bieber is white,” the statement of defence said. “Mohar has concocted a story about being assaulted by Bieber in the hope of obtaining a favourable settlement from a wealthy individual who attracts a lot of media attention.”



Justin Bieber. MIAMI BEACH POLICE DEPARTMENT VIA GETTY IMAGES

The lawsuit revolves around an incident that occurred on Dec. 30, 2013, when Bieber and five other people were picked up from a Toronto nightclub by Mohar.

Bieber was charged with one count of assault in connection with the alleged incident, but last September prosecutors withdrew the charge saying they didn’t see “a reasonable prospect of conviction.”

None of the allegations in Mohar’s statement of claim or Bieber’s statement of defence have been proven in court.

THE CANADIAN PRESS

PERSONAL BRANDING

Kylie’s a little quick off the trademark

Apparently there’s nothing you can’t monetize or commodify, at least not if you hail from the Kardashian-Jenner clan. To wit, 17-year-old Kylie Jenner has reportedly filed an application to trademark her first name for “entertainment in the nature of providing information by means of a global computer network in the fields of entertainment, fashion and pop culture” and for personal appearances “by a celebrity, actress and model.” One hitch, though: There’s already a famous pop star named Kylie — Minogue, in case you’re wondering — who has been famous longer than Jenner has been alive. Which might cause a problem down the road, no? Also, couldn’t you at least wait until you’re of legal voting age before you start trademarking yourself? Kids these days.

NED EHRBAR/METRO IN HOLLYWOOD

J.K. ROWLING DEAD SET ON APOLOGY

Weasley’s death ‘the worst’

Author J.K. Rowling took to Twitter this past weekend to commemorate the 17th anniversary of the fictional Battle of Hogwarts from Harry Potter and the Deathly Hallows and to say she’s sorry for one death from the battle in particular. “Today I would just like to say: I’m really sorry about Fred (Weasley),” Rowling tweeted. But don’t get too angry, you fans of Harry Potter characters taken before their time. This is just the beginning: “I thought I might apologize for one death per anniversary,” she continued. “Fred was the worst for me, so I started with him.” So ... see you next year, then?

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Princess' life won't be fairy tale

ROYAL FEMALES

Kate Middleton

Princess Charlotte

Princess Diana

Beatrice and Eugenie

Queen Elizabeth II and Princess Margaret

ROYAL BIRTH

Despite progress, Charlotte will still face sexism

William and **Kate's** new daughter is the first British princess who won't face royal discrimination because she's a girl, but her life won't be without challenges.

Thanks to a change in the centuries-old rules of royal succession, if **Princess Charlotte** has a younger brother, he won't overtake her in line to the throne.

But in a world where girls are encouraged to embrace pretty-in-pink princess imagery from birth, the royal daughter born Saturday is bound to face a level of scrutiny her elder sibling Prince George won't have to worry about.

Claudia Joseph, author of William and Kate's Britain, said that as a future king, third-in-line-to-the-throne George can expect a life of "duty and responsibility."

His sister "will have a more carefree life, but on the other hand, we live in a world obsessed with looks. Nearly every woman nowadays is constantly under scrutiny."

The experience of Kate — and, even more, of the baby's late grandmother, **Princess Diana** — suggests the level of interest the princess can expect.

Every outfit, every hairstyle, will be recorded, commented on, copied.

Royal historian Robert Lacey said princesses face a different burden than princes.

"There's so much enduring sexist comment," he said. "It remains legitimate for the media — and social media even more — to comment on women's dress and appearance.

"And the coverage veers so precipitously from adulation to scorn. **Beatrice and Eugenie** are examples of that."

Prince Andrew's daughters became media figures of fun for wearing elaborate fascinators to Kate and William's wedding in 2011.

Even her name, announced Monday by her parents, was the subject of much speculation.

The royal birth was greeted with an explosion of pink, as Tower Bridge and other London landmarks were bathed in magenta light.

Not everyone was delighted.

"Are we really still in the 1950s with gender norms?" tweeted Laura Sheldon, 16.

"I don't like the way the media are emphasizing the baby is a girl and companies exploiting this in their marketing," Sheldon said in an email. "The whole 'pink for girls' and 'blue for boys' thing is so outdated and too conservative for what should be a progressive society."

Still, society has changed enormously in the past few decades — and so has the royal family.

For centuries, the law gave preference to male heirs, so a first-born princess would be leapfrogged in the succession by a younger brother. As a result, there have been some 35 kings of England since the Norman Conquest in 1066, but only seven queens.

In 2011, the leaders of Britain and the 15 former colonies that have the Queen as their head of state agreed to establish new rules giving female children equal status with males in the order of succession.

It took several years to amend the statutes, some of them centuries old. The Succession to the Crown Act came into effect in March, just in time for the new princess.

She becomes fourth in line to the throne, pushing Prince Harry down to fifth. The change means she'll keep her position even if she has a younger brother, though if George has children one day, they'll move ahead of her. It's a small step, perhaps, but it symbolizes a more modern, equal-opportunity monarchy.

> **Are we really still in the 1950s with gender norms?**
> Student Laura Sheldon, in response to the Tower Bridge being lit up pink.

While royal duty, celebrity, and questions of security will affect the princess' career choices, there's nothing to stop her from joining the military, as her father and uncle did, or becoming a search-and-rescue helicopter pilot like her dad.

"I think the royal family has changed a lot over the last few decades, and William and Kate are very 21st century," Joseph said. William is a more engaged, hands-on parent than his father, Prince Charles, or ancestors.

Queen Elizabeth II and her sister Princess Margaret were educated at home, but the baby princess can expect to mingle with non-royals at an ordinary — though expensive — school, attend university and have a career.

"I'm sure (the princess) will inherit Kate's evident love of photography and art. And she has an older brother — I'm sure she's going to love 'boys' toys,' too." THE ASSOCIATED PRESS

Royal fans hold up a sign reading "it's a princess" as they celebrate following the announcement of the birth of Princess Charlotte. Some in Britain have criticized the level of gender stereotyping with the royal birth. ALL PHOTOS GETTY IMAGES

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metro SPORTS

Golden State point guard Stephen Curry was named NBA MVP

Tuesday, May 5, 2015

Rose blooms in Love-less Ohio

NBA PLAYOFFS

Chicago PG puts in vintage performance in Cleveland

GAME 1 In Cleveland

BULLS	CAVALIERS
99	92

Derrick Rose scored 25 points and Pau Gasol added 21, leading the Chicago Bulls to a 99-92 victory over the short-handed Cleveland Cavaliers in Game 1 of the Eastern Conference semi-finals on Monday night.

Looking like the MVP he was before being slowed by knee injuries, Rose helped the Bulls swipe home-court advantage from the Cavs, who were missing starters Kevin Love and J.R. Smith.

Jimmy Butler added 20 points and banked in a contested jumper with 30 seconds left as the Bulls closed it out.

Kyrie Irving scored 30 points and LeBron James added 19 and 15 rebounds for Cleveland, playing its first game since Love — one of the Cavs' Big 3 — who is lost for the remainder of the post-season with a shoulder injury.

Game 2 is Wednesday night.

The Cavs only trailed by four points in the final minutes, but they forced several three-point attempts and James missed a tough layup with 51 seconds left.

Finally fully healed after dealing with injuries all season, the Bulls are peaking at the perfect time. Coming off a 54-point win over Milwaukee to wrap up its opening-round series, Chicago took control from the start, withstood a Cleveland comeback and buckled down on defence in the closing minutes to hand Cleveland just its second loss in 24 home games.

Rose ran the show the way he used to before surgeries threatened his career, and Gasol, the steady 34-year-old Spaniard, made the Cavs pay for leaving him open by knocking down one mid-range jumper after another.

Gasol added 10 rebounds and Mike Dunleavy had 14 points — 13 in the first quarter when the Bulls burst to a 14-point lead.

The Cavs struggled from the start to find any offensive rhythm. Without Love to space the floor, Chicago had an easier time defending James and without Smith, who was suspended two games for striking Boston's Jae Crowder in the face, the Cavs were lacking one of their best perimeter shooters.

THE ASSOCIATED PRESS

Kyrie Irving, left, had 30 points to Derrick Rose's 25 on Monday night, but the Bulls clamped down defensively late to steal Game 1 in Cleveland. JASON MILLER/GETTY IMAGES

MLB

Jays' offence comes through late to get Dickey a win

R.A. Dickey went eight innings deep vs. the Yankees on Monday night at Rogers Centre. DARREN CALABRESE/THE CANADIAN PRESS

Pinch hitter Russell Martin drove in the go-ahead run in the eighth inning as the Toronto Blue Jays slipped past the New York Yankees 3-1 on Monday.

Knuckleballer R.A. Dickey (1-3) pitched eight innings for Toronto (13-14), giving up one run on three hits and three walks. Third baseman Josh Donaldson went 2 for 4, scoring one run for the Blue Jays. Brett Cecil earned the save.

Starter Chase Whitley (1-0) struck out six over six shutout innings for New York (16-10). He allowed six Toronto hits as the Yankees held on to a 1-0 lead for eight innings.

Garrett Jones drove in Carlos Beltran in the seventh inning for the first run of the game.

Encarnacion tied the game 1-1 for Toronto in the bottom of the eighth with a one-out double. That plated Donaldson and advanced Jose Bautista to third.

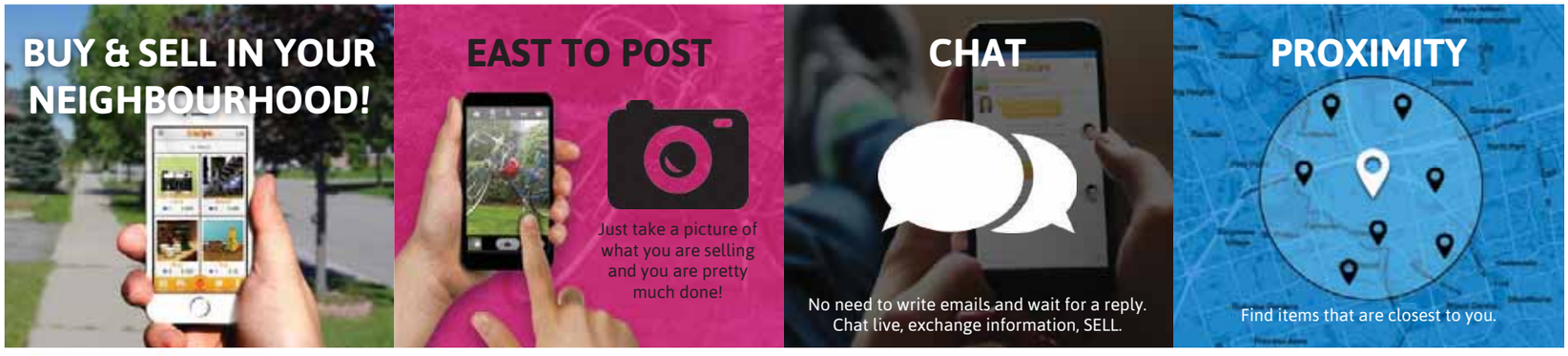
Kevin Pillar then hit an infield fly before Martin hit a single up the third-base line to drive in Bautista. Encarnacion crossed home on an error on the same play to give the Blue Jays a 3-1 lead.

THE CANADIAN PRESS

HOT ROOKIE

Devon Travis GETTY IMAGES

Blue Jays second baseman Devon Travis was named the AL rookie of the month Monday. He hit six home runs in April while batting .325 with a .393 on-base percentage.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IN BRIEF

Caps take series lead after Holtby holds strong in goal

Braden Holtby made 30 saves Monday night for his second career playoff shutout and Jay Beagle scored his first goal of this postseason, giving the Washington Capitals a 1-0 victory over the New York Rangers.

Washington has a 2-1 lead in the Eastern Conference semifinals. Alex Ovechkin was held without a goal for the first time in the series. It was one of the Capitals' less-heralded players, Beagle, who put the puck past Henrik Lundqvist on a second-effort, deflected shot seven minutes into the second period. Holtby was at his glove-catching best, including stopping Martin St. Louis on a 1-on-1 six minutes after Beagle scored.

Game 4 of the best-of-seven series is at Washington on Wednesday night.

THE ASSOCIATED PRESS

The Capitals' Alex Ovechkin gets tangled up with the Rangers' Dan Girardi

THE ASSOCIATED PRESS

Kackert on the comeback trail

CFL

Ex Grey Cup MVP trying out for Argos again after injuries

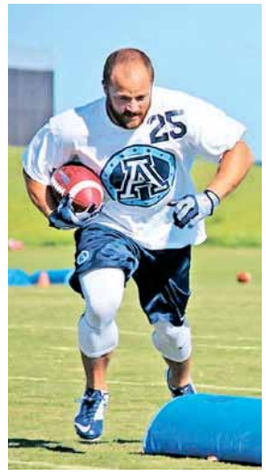
It's hard to keep Chad Kackert down: The hard-luck running back is on the comeback trail again. Kackert was a last-minute addition to the Toronto Argonauts' mini-camp, joining 60 rookies and non-contract players last weekend to participate in drills in Bradenton, Fla.

"I feel good," Kackert said by phone on Monday. "It's great to be playing football again."

It was a nice surprise for the team. Kackert, in consultation with general manager Jim Barker, didn't make the decision to come until Saturday.

There were two workouts Sunday and Monday, with a final one planned for Tuesday morning. The camp began with an open tryout on Saturday.

"I feel great confidence-wise," Kackert said, adding that he feels as if his explosiveness is back. "You can only do so much training. It's a completely different story when you've got someone tugging on your shirt and pushing you when catching a ball."



Chad Kackert ARGONAUTS.CA

In the off-season he trained at the Michael Johnson Performance training centre in McKinney, Texas.

The Simi Valley, Calif., native is only 28, and he thinks he has quite a bit left in the tank. Freak injuries have robbed the five-foot-eight, 206-pound runner of valuable time, but he's willing to see if his off-season rehab went as well as he had hoped.

In the 2012 Grey Cup game Kackert was the game's most valuable player. A year later, getting ready for the East Division final, he suffered a freak injury by breaking his ankle in practice that sidelined him for the rest of the season.

"I didn't want that injury to be the end of my career
Chad Kackert

At the start of training camp in 2014, after rehabbing from surgery, Kackert didn't pass the physical and he decided to retire. The Argos hired him as the team's strength and conditioning coach.

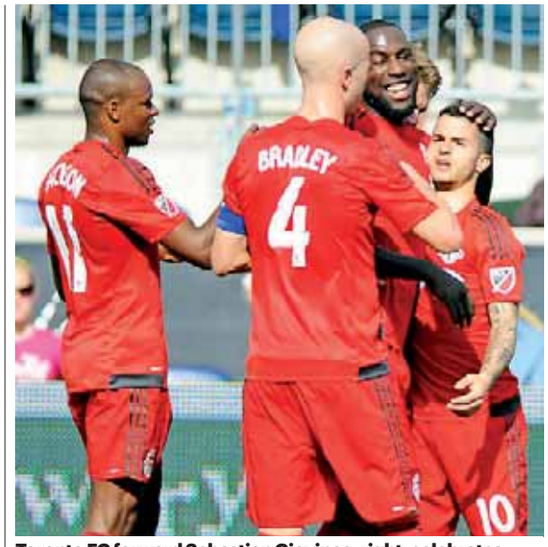
Last October, Kackert felt strong enough to attempt a comeback. However, his return hit another road block when he suffered a hamstring injury to the non-injured leg in practice.

"I didn't want that injury to be the end of my career," Kackert said.

He isn't making any decisions yet on whether he's good enough to be invited to the team's regular camp next month.

But so far, after three practices, Kackert said he hadn't felt any stiffness or soreness. The coaches will evaluate him over the next few days and make a decision. "I don't think anything is for certain right now," Kackert said.

TORSTAR NEWS SERVICE



Toronto FC forward Sebastian Giovinco, right, celebrates with teammates after scoring the winner in a 1-0 MLS road victory over Philadelphia Union last weekend.

MICHAEL PEREZ/THE ASSOCIATED PRESS

MLS

TFC set to come home after trip to Montreal

Having emerged from a seven-game road trip, Toronto FC can finally look forward to playing its MLS home opener.

But not before another away game. Toronto has to head to Montreal for Wednesday's semi-final first leg of the Amway Canadian Championship.

It's part of a busy May that features eight games: five league outings, two Canadian Championship contests and a friendly against Manchester City.

The month started well with a 1-0 win Saturday in Philadelphia, Toronto's second victory by shutout in a row. After Montreal, Toronto (3-4-0) returns to face the Houston Dynamo in league play at newly renovated BMO Field.

Given the busy schedule, Toronto coach Greg Vanney is looking to rest some of his stars Wednesday against the Impact while giving others in his squad a chance to play.

He says only one or at most two of his trio of designated players — captain and midfielder Michael Bradley and strikers Sebastian Giovinco and Jozy Altidore — will make the Montreal trip.

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RECIPE Almond Butter Glazed Salmon with Panko Sesame Crust

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 12 minutes

Ingredients
- 1½ Tbsp almond butter
- 1 Tbsp light soy sauce
- 1 Tbsp mirin or sweet rice wine vinegar
- 1 tsp honey
- ½ tsp minced ginger
- ½ tsp minced garlic
- ½ tsp hot sauce
- 1½ lb salmon or tilapia
- 1/3 cup panko bread crumbs
- 2 Tbsp chopped or sliced almonds
- 1 tsp sesame seeds
- 2 tsp sesame oil
- Salt

Directions

1. Preheat oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. In a small bowl, combine almond butter, soy sauce, mirin, honey, ginger, garlic and hot sauce until smooth. Place fish on baking sheets and spread sauce over top.

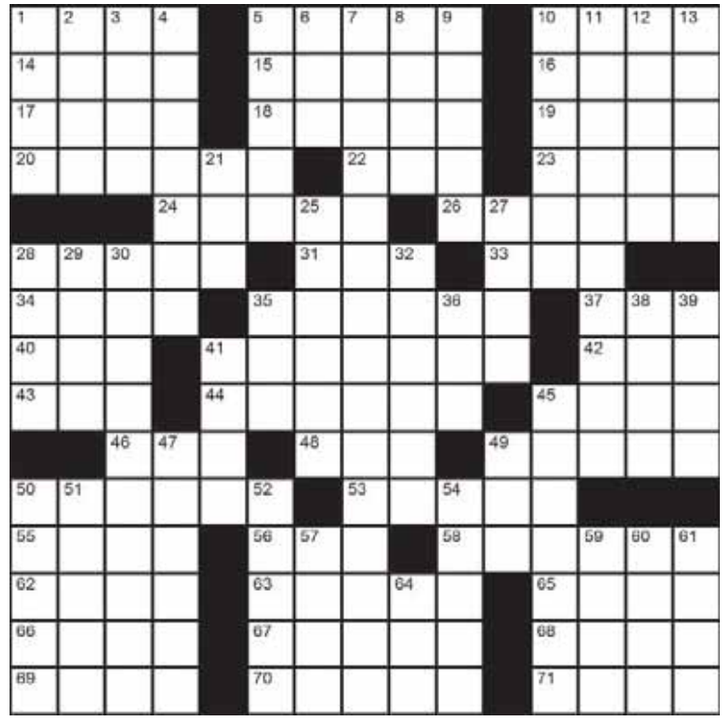
3. In a small bowl, combine panko, almonds, sesame seeds, oil and salt. Sprinkle over fish and bake for 12 minutes or just until cooked.

Nutrition per serving (recipe serves 4)
- Calories 288
- Protein 30.5 g
- Carbohydrates 10.5 g
- Fat 12.9 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cinco de _ (Annual commemoration celebrating Mexico's 1862 victory over France in the Battle of Puebla)
5. Canadian superhero team from Marvel Comics, _ Flight
10. Medieval chest
14. Cain's sibling
15. Wilt
16. Not nice
17. Ruben's "American Idol" runner-up
18. Face value, as per stocks: 2 wds.
19. Sound of disgust, comics-style
20. Writer Mr. Melville
22. 'Press' suffix
23. Web addresses, commonly
24. Move as a hungry lion
26. "_, _, how are you and stuff?"
28. Nonsense
31. Use up
33. Maiden name indicator
34. Pub orders
35. Sarah's "Sex and the City" role
37. Sound setting [abbr.]
40. "Everything _" by Bush
41. Canadian actress Amanda known as the 'Grand Empress of Sci-Fi' to her fans
42. Time
43. Forever, practically
44. Windbreaker
45. Movie's work force
46. Listener
48. Festive drink
49. Stone worker
50. Weekend trip bag
53. Commence
55. Creatures of folklore
56. Caesar's 2050
58. Radiated
62. Relax
63. Brasserie beverage
65. Postal _
66. Use adhesive
67. "St. _ Fire" (1985)
68. _ socks
69. Liturgical vestments
70. Ms. O'Donnell
71. Mail

DOWN
1. Speed of sound, _ 1
2. Adept
3. Birthdate info
4. _: The Greco-Roman Collections of Berlin (Current exhibition at the Winnipeg Art Gallery)
5. A Bell for _ (John Hersey novel)
6. Edmonton transport service [acronym]
7. Leonard Cohen's current Juno-winning album: 2 wds.
8. Rime
9. After: French
10. Hospital vial [var. sp.]
11. Labrador dogs
12. Shower sealant
13. Fennel-like flavour
21. Branch
25. Sword or missile
27. Blood type, _ _.
28. Smog
29. Margarine
30. CKC = Canadian _ _
32. Battlefield medic's prioritizing
35. Fire
36. Pen's content
38. Nabisco cookie
39. Yard's spread of grass
41. Does some road work
45. Cute-style Canadians
47. Grocery store lanes
49. Stir
50. Russian river
51. On _ _ (Is winning)
52. Fireplace smoulderer
54. V-formation fliers of Canada
57. Venus de _ (Ancient statue)
59. Finished
60. Utopia
61. Home title proof
64. French queen's mate

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be able to do anything but that does not mean you have to do everything. Decide what it is you are really good at and commit yourself to it 100 per cent.

Taurus April 21 - May 21
Some people think you are lazy but that's far from the truth. It's just that you see no point exerting yourself for things that are of no importance. It's better to be ambitious about one thing than lukewarm about many things.

Gemini May 22 - June 21
Under no circumstances agree to do someone else's work for them today. Yes, of course, you would most likely make a better job of it but that's not the point.

Cancer June 22 - July 23
You know what you want and you know where to get it, so why do you hesitate? Maybe it's because you fear you don't have the right to just take it. You know what they say: possession is nine-tenths of the law.

Leo July 24 - Aug. 23
With Jupiter in your sign you feel you can do as you please, and to an extent you are right, but there may still be long-term consequences.

Virgo Aug. 24 - Sept. 23
Don't overdo it physically today. It may be true that no effort is too much for you while the Sun moves through your fellow Earth sign of Taurus, but you have limits like everyone else and if you go too far you could regret it.

Libra Sept. 24 - Oct. 23
Friends will make all sorts of promises over the next 24 hours but if you expect them to deliver you may be disappointed.

Scorpio Oct. 24 - Nov. 22
If something no longer works for you the way it once did, then get rid of it. That may sound ruthless but this is no time for sentiment, still less for taking risks with your long-term security. Don't cling to the past.

Sagittarius Nov. 23 - Dec. 21
Don't tie yourself down to set aims and objectives over the next 24 hours because it is highly likely that things will change fast and you will have no choice but to change with them.

Capricorn Dec. 22 - Jan. 20
Are you feeling lucky? Hopefully you are because your state of mind will very much dictate what you gain, or lose, today. If you believe that you deserve the best then you will get it.

Aquarius Jan. 21 - Feb. 19
You will clash with someone today who is as different to you as it is possible to get. Don't waste time trying to find some common ground between you – it does not exist.

Pisces
Feb. 20 - March 20
Your mind may be full of big ideas right now but you must keep your feet on the ground. Don't commit yourself to new projects unless you know you will have the time to do them justice.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Neo40: Is it a Miracle Supplement?

The following article is an interview between W.Gifford-Jones M.D. and the creator of Neo40 Dr. Nathan Bryan from the University of Texas.

Article taken from "The Doctor Game - W. Gifford-Jones M.D. September 8, 2012

DISCLAIMER: NOTHING IN THIS ARTICLE IS INTENDED AS, OR SHOULD BE CONSTRUED AS, MEDICAL ADVICE. CONSUMERS SHOULD CONSULT WITH THEIR OWN HEALTHCARE PRACTITIONERS FOR INDIVIDUAL, MEDICAL RECOMMENDATIONS. OUR DIETARY SUPPLEMENT PRODUCTS ARE NOT INTENDED FOR USE AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL OR ABNORMAL CONDITION.

Several months ago I reported on a unique drug, **Neo40,** which has now been approved by Health Canada. To find out more about **Neo40**, now available in health food stores, I interviewed Dr. Nathan Bryan, Professor of Molecular Medicine at the University of Texas Health Center in Houston and creator of the formula.

G-J: What is Neo40?

NB: Neo40 is a lozenge that contains L-Citrulline, an amino acid derived from protein, vitamin C, beet root and hawthorn, a potent combination that produces nitric oxide. Early in life our bodies manufacture large amounts of nitric oxide (NO). After age 40 production of NO decreases. This sets the stage for hypertension, kidney dysfunction, diabetes, heart attack or stroke, just to name a few major illnesses. It's called the "miracle molecule" because it helps so many diverse problems.

Dr. Nathan Bryan

G-J: Is there science behind its claims?

NB: The discovery of NO resulted in a Nobel Prize for three U.S. scientists and now over 130,000 scientific papers about this molecule have been published in medical literature. NO is produced in the inner lining of all blood vessels. Lay a single layer of these cells on a flat surface and it would occupy a soccer field . The cells cause arteries to relax, thus lowering blood pressure. But with insufficient NO, arteries constrict, resulting in hypertension, bringing increased pressure in the heart and other organs.

G-J: There must be more to NO than the dilation of blood vessels?

NB: Experiments show that NO prevents blood platelets from sticking together, decreases plaque formation and chronic inflammation in arteries, all factors that increase the risk of heart attack. Other research shows NO lowers triglycerides, bad cholesterol, and raises good cholesterol, and it prevents bone destruction from osteoclasts.

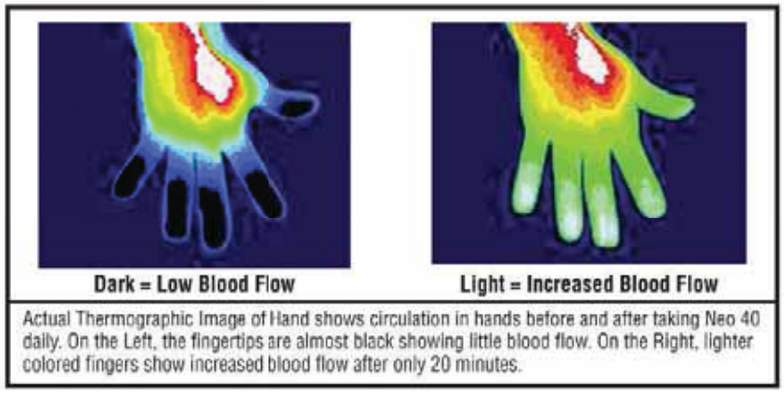
G-J: Can NO help the epidemic of type 2 diabetes?

NB: High blood sugar destroys the circulatory system and 50 percent of diabetes patients die of heart attack. Diabetes causes insulin resistance which makes it hard for glucose to enter cells. Raising NO levels helps to control these problems and also decreases the risk of diabetic ulcers and gangrene of the legs by improving blood flow.

G-J: Does NO help other conditions?

NB: Many people suffer from glaucoma, increased pressure in the eye. This is caused by a clogged trabecular mesh-work that drains fluid from the eye. Hungarian researchers report that NO may benefit this problem.

NB: 27 million Americans also suffer from asthma and its inflamed, constricted, mucous-clogged airways. Experts say it's due to pollution, allergies and stress. Now research at Hammersmith Hospital in London, England, reports that NO helps to maintain a biochemical balance in air passages and that it could be helpful in treating inflamed airways. Another Dutch study reports that NO can calm nerves in tightened airways and relax muscles.



Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

G-J: Can patients increase the production of NO by natural means?

NB: The big problem is that obesity decreases NO and 50 percent of the population is overweight, so for them it's difficult to increase NO by dietary measures. Exercise can also boost NO levels, but people with endothelial dysfunction don't produce the same amount of NO during exercise as healthy people. We know that weight-loss surgery can boost NO by as much as 40 percent. But this is a radical and risky way to lose weight.

G-J: Are foods helpful?

NB: Leafy green vegetables such as Kale, Swiss Chard, Arugula, Spinach, Chicory, Wild Radish and Bok Choy are all high sources of bioactive NO. Dark chocolate and wine also increase NO.

G-J: What about the use of supplements?

NB: Neo40 is the only answer if people refuse to change their lifestyle. This is one lozenge that must be dissolved slowly in the mouth twice a day until NO increases and then used once a day. **Neo40** is supplied with a quick saliva test to determine the current level of nitric oxide.

G-J: Dr. Bryan, it's been a pleasure to learn of your work at the Institute of Molecular Medicine. I'll consider your advice about Bok Choy. But it will be difficult to say no to one of your Texas steaks!

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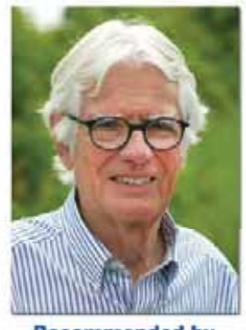

Recommended by
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